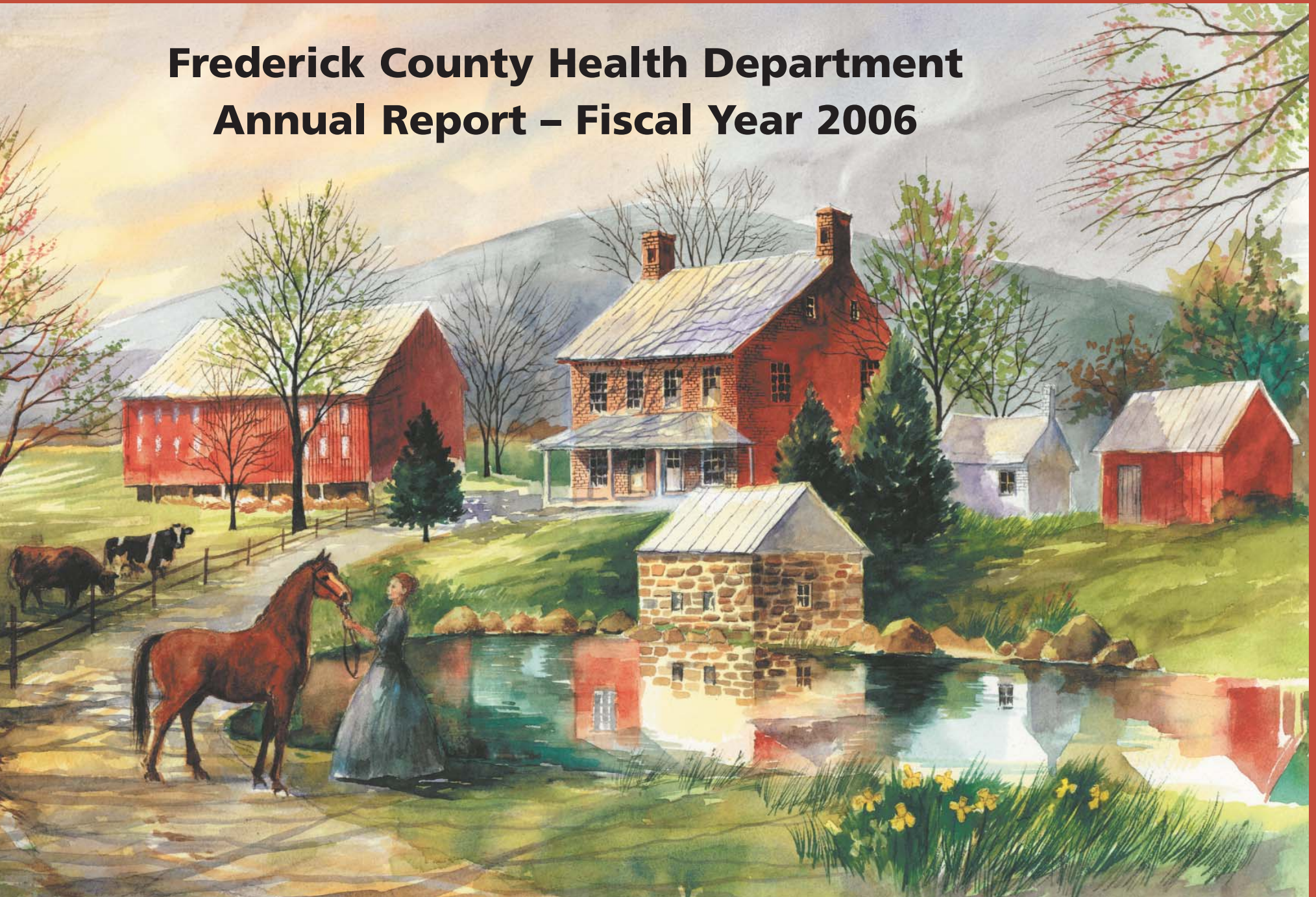


“Protecting the public’s health in Frederick County since 1886”

Frederick County Health Department Annual Report – Fiscal Year 2006



*“Bell Hill Overlook, Circa 1830 – Susan's Flight” painting by local artist, Rebecca Pearl
Rebecca Pearl Gallery is located in Thurmont, Maryland*



BOARD OF COUNTY COMMISSIONERS FREDERICK COUNTY, MARYLAND

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Dear Frederick County Citizens:

Public health measures are a cornerstone of this community's vitality and serve to promote the welfare of Frederick County citizens every day. The Frederick Board of County Commissioners supports the work of the Health Department in these efforts. We recognize that the citizens of Frederick County place great value in the health of their families and their community. With this in mind, we know that the Health Department will continue to serve a central role in protecting and advancing public health for all citizens.

This third annual report celebrates the accomplishments of Fiscal Year 2006. Working together, we will continue to fortify the state of health and safety in Frederick County.

John L. Thompson, Jr.
John L. Thompson, Jr., President

Michael L. Cady
Michael L. Cady, Vice President

John B. Lammie, Jr.
John B. Lammie, Jr., Commissioner

John H. Gorden
John H. Gorden, Commissioner

Bruce J. Roeder
Bruce J. Roeder, Commissioner



Message from the Health Officer



This year's annual report of the Frederick County Health Department provides a snapshot of the many ways in which the Frederick County Health Department touches the lives of Frederick County citizens every day. The report highlights a few of the significant accomplishments of the Frederick County Health Department in fiscal year 2006.

The roles and responsibilities of local public health departments in Maryland are based on the core essential functions of public health. We work behind the scenes to promote the health of our community and prevent disease, by providing health education, advocating for health-related funds from the state and federal governments, registering people for health insurance, providing nutrition assistance, inspecting restaurants, and inspecting well and septic systems. Perhaps the most significant role of the Health Department is to proactively address issues that have the potential to affect the health of many Frederick County citizens. Terrorist attacks, large natural disasters, and significant disease outbreaks have not occurred in Frederick County, nonetheless the Health Department must be prepared for them. The Health Department is also active in providing health care services directly to county residents through vaccination clinics, school health suites, family planning clinics, in-home evaluations of elderly persons, partnering with local physicians to perform cancer screenings, and providing mental health and substance abuse treatment and prevention. The Health Department also provides therapy for children with developmental delays and sheltered employment and job training for adults with developmental disabilities.

Priorities for the upcoming year include supporting the community through its health care access coalition to improve access to care for those who are unable to pay for care, promotion of childhood obesity reduction, and expanded access to oral health care for children and adults with public insurance and those who are unable to pay for care. Each of these issues, if left unaddressed, have the potential to reduce the productivity and quality of life of those affected.

Performing the routine tasks that ensure the health of Frederick County citizens as well as planning for the non-routine events that threaten many, the Frederick County Health Department will continue to serve the needs of Frederick County. I encourage you to contact the Frederick County Health Department for further information about our programs and to learn about volunteer opportunities.

Barbara Brookmyer, M.D., M.P.H.

On May 12, 2006, participants of the Frederick Summit: Improving Access to Care took the first of many steps toward improving access to health care for the un/underinsured of Frederick County. This endeavor was initiated by the Health Department after being awarded a grant through the Department of Health and Mental Hygiene. The purpose of the grant was to convene representatives from across the community who are impacted by and committed to acting on health access issues.

Preparing for the Summit was a community undertaking with representatives from the Health Department, Frederick Memorial Hospital, the Frederick County Office for Children and Families, the Mental Health Association, Joining Forces for Health Care and the Religious Coalition for Emergency Human Needs forming the Executive Committee. In order to ensure that the experiences of the medically underserved in Frederick County were also represented at the Summit, six focus groups were held (yielding responses from 143 adults, 46 children).

Keynote speakers at the Summit included Dr. Thomas O'Toole, Professor of Medicine and Associate Dean for Curriculum at the Georgetown University School of Medicine and Dr. Robert Wack, Chair of Access Carroll, Inc., Pathways to Health.

More than 100 citizens and professionals from all sectors of the community attended the Summit in order to identify barriers to health care access and draft action plans. The efforts of the Summit have evolved into the formation of the Frederick Health Care Coalition, which is comprised of subgroups working on distinct health care access priority areas.

Developmental Center

Audiology Services performs hearing assessments for children who qualify in the Frederick County Infant and Toddler Program and for children receiving special education services from Frederick County Public Schools. In FY06 audiologists fit preschool students with wireless communication equipment, which transmits the teacher's voice via a FM radio signal to a device worn by the student. These systems enable students to more accurately hear their teacher by minimizing the effects of background noise.

The Dental Clinic extended the scope and accessibility of their services in FY06 through the addition of a third treatment room and by expanding treatment options to include root canal therapy.

The Frederick County Infants and Toddlers Program (FCITP) provides early intervention services for children birth to three years with developmental needs.



The support and sense of empowerment experienced by families who have utilized this program is evidenced in the following comments...

"What we learned is that FCITP is a soft place to land in a world that is uneducated and uncertain about children who are delayed."

"I don't know how much of this my son will remember but I will make sure he knows where and who got him this far."

The Frederick County Respite Care Program allows families to identify a respite provider or recreational program who will provide appropriate child supervision while caregivers take a much needed break from the responsibilities of attending to a child with special needs. A parent who has utilized the Respite Care Grant Program shared...

"Respite care is desperately needed when caring for a disabled child. The divorce rate is higher than 85% for parents of disabled children. Time to nurture the marriage is critical. Budget to pay for it is not available. This respite is the best [thing] you can give to [our family]."

Environmental Health

Community Services and Development Review provides services in the areas of water quality, air quality, nuisance control, vector borne illness (rabies, psittacosis, West Nile Virus) and lead paint. In FY06 concerns related to pool operations required Community Services staff to devote more time to swimming pool inspections and re-inspections.

The Food Control Program instituted a new data management system which will allow inspections to be conducted with hand-held computers and eventually allow the public to access program files via the Internet. Food Control also responded to the local business community by creating a new temporary food permit category (with a reduced fee) for those cases when food is given away rather than sold.

Individual Well & Septic staff are working in cooperation with County agencies to insure that septic systems don't become sources of contamination for municipal water supplies served by wells or springs. Where necessary, enhanced nitrate removal devices will be installed on septic systems in wellhead protection areas.



Mental Health

The Mental Health division of the Health Department continues to be a major provider of mental health services in Frederick County and one of the state's oldest outpatient mental health clinics (dating back to the 1930s). This longevity can be attributed to the staff who continuously work to meet the ever-changing needs of their clients. For instance, in FY06 clinical staff received specialized training in the psychiatric treatment needs of those suffering from traumatic brain injury as well as training in treating children with a history of early trauma (physical, sexual, psychological abuse and neglect).

Public Health Nursing

Working with various groups and organizations, the **Breast and Cervical Cancer Program** raises awareness and educates the community on the issues of prevention, symptoms, the importance of screening and early intervention as well as resources available. Event participation for FY06 included corporate health fairs, community Hope parties, the In the Streets Pink Ribbon Project, the Great Frederick Fair and outreach to the Frederick Community Action Agency and the Mission of Mercy.

The goal of the **Cancer Prevention, Education, Screening and Treatment Program (CPEST)** is to improve the health and wellness of Frederick county residents by reducing the incidence and mortality rate of colorectal cancer and by raising awareness regarding skin cancer. One of the many community outreach activities held in FY06 included the Juneteenth Celebration (the oldest national commemoration of the ending of slavery in the U.S.), which drew 150 African American attendees.

Education was presented on the advantages of preventative screenings.

Clinical Services conducted a campaign for Pregnancy Prevention Month, which included outreach events at the area malls, information distribution through the Frederick Memorial Hospital Wellness Center and a public service segment on channel 18 that addressed teen pregnancy prevention through parent-child communication.

The Family Planning Clinic achieved significant success in reaching teens by exceeding its projection of number served by 12 percent.



The Director of Nursing and the Program Manager of Family Health and Wellness along with the Health Department's Health Educator and Registered Dietician utilized grant funding awarded by the Department of Health and Mental Hygiene to establish **The Frederick County Diabetes Coalition** of which they are also active members.

The Healthy Start Program, in collaboration with CPEST launched the "Summer Hat Campaign." Over 150 youngsters were the recipients of a "summer hat," and their families were educated on the importance of protecting skin from the damaging effects of the sun.

To better meet the needs of the community, the **HIV Program** expanded OraQuick Advance HIV Testing (which allows for test results in 20 minutes) beyond the Health Department by training and providing oversight to volunteers who conduct testing at locations within the community.

The Rabies Program improved awareness about rabies through community health fairs, other venues as well as on channel 19 and educated the community on how to decrease exposure and respond if an exposure does occur.



Office of Public Health Preparedness & Response (OPHPR)

This division is responsible for the planning, training and response of the Health Department in the event of a Public Health Emergency, either natural or manmade. OPHPR also provides community and partner agency education. In FY06, OPHPR along with the Bureau of Emergency Management hosted the first annual Emergency Planning workshop for Long Term Care and Assisted Living Facilities at the Urbana Fire Hall. The workshop focused on the special needs and concerns that Long Term Care and Assisted Living facilities face in emergency situations.

As part of the Cities Readiness Initiative, the division held Maryland's first non-medical delivery clinic exercise. Nearly 50 volunteers from the community took part in the exercise, which tested a model for delivering medications to an entire population within a very short amount of time.

The division also collaborated with Nursing personnel to develop an Avian/Pandemic Influenza Educational presentation, which is being delivered to groups throughout the county.

Programs of the Medical Officer

The Health Department's **Injury Prevention Program** conducted two "Spot the Tot" activities in FY06. "Spot the Tot" is an interactive demonstration where drivers are seated in a large SUV or pickup truck with a pre-school sized doll on a tricycle placed 25 feet behind them. Participants soon learn that they are unable to see the tricycle until it is moved nearly 50 feet away, which brings home the lesson of first conducting a 360° inspection around the vehicle. Injury Prevention also partnered with the Department of Aging to deliver 16 sessions of "Slips, Trips and Falls," an injury prevention curriculum, to the four senior centers.



Nutrition Services promote the community's intake of healthy foods and adoption of physical activity. One glowing example of this is the Food Groupie Program. This six session program is designed to excite children ages 4 and 5 about fruits, vegetables and physical activity and the benefits of each. In FY06 parents from six out of seven schools who participated in the program were rated "excellent" in their ability to choose smart snacks for their children. A re-evaluation at the end of the year demonstrated the program's lasting effects as parents in five of the schools continued to make healthy snack choices.



The **Women, Infants & Children Supplemental Nutrition and Food Program (WIC)** assists eligible women, infants and children to achieve improved nutrition and health status by providing nutrition education, selected supplemental foods and health referrals in a caring, supportive environment. In FY06, for a second year in a row, the program served a record high of 3400 participants per month.

School Health

This division works to prevent student health related problems, remedy problems when they occur and contribute to an over all culture of health and wellness within the school community through the delivery of health services and health education.

In FY06 Theresa Fisher, one of the School Health Nurses, assisted in organizing the very successful Head Start Health and Safety Fair, which provided health education for families and free dental and other health screening exams to young students.

After the accidental death this year of a county student from asphyxiation, Sharyl Donnadiou School Health Nurse, educated the School Health Division and school personnel about the "choking game." Ms. Donnadiou received a special achievement and leadership skill award from the county for advancing knowledge about this deadly practice among youth.



Scott Key Center

The Scott Key Center (SKC) in its 40th year

serves more than 114 adults with disabilities who are transported to work by the center from all over Frederick County. Ninety-four percent of SKC clients are gainfully employed. The supported employment program provides janitorial services to 22 county buildings and to 5 private entities. At Hood College, the number of workers has grown from 4 to 5 in order to meet the growing needs of the kitchen.



Substance Abuse

In FY06, the **Adult Detention Center Program** provided intensive treatment to 297 inmates. The recidivism rate for inmates satisfactorily completing the program was 8%.

A few of the accomplishments for **Prevention Services** included a 24.4% increase from FY05 to FY06 in the number of students served by the "Kids Like Us" program. This program supports young people who are concerned about substance abuse by others and helps children learn to say no to alcohol and drugs. Fourteen vendors were funded for a total of \$93,076 to conduct tobacco education and cessation services in Frederick County. "Second Step," a violence prevention program, served 328 preschool-aged children among 15 Head Start Centers and 3 Judy Centers.

Program Data:

The Frederick County Health Services Division provides for the public health with approximately twenty two million dollars in State, County and Federal funding. The County Health Services Division uses the many sources of funds to create the best possible public health effort for Frederick County citizens. The following is a list of services provided in fiscal year 2006.

Birth Certificates issued 5574

Death Certificates issued 6598

Dental Visits for Children 4486

Developmental Center

Infant & Toddler's served 534

Infant & Toddler's referred 465

School Based

Occupational Therapy clients 434

Visits 8870

Physical Therapy clients 197

Visits 3965

Rock Creek School Nursing clients 103

Visits 13031

Vision Services 36

Audiology Services 969

Employee Health & Safety Training Classes 13

Environmental Health

Community Services

Subdivision Plats Reviewed 1400

Bathing Beaches Inspected 9

Air Quality Inspections 48

Swimming Pool Inspections 515

Mobile Home Park Inspections 9

Rabies Vaccinations for cats & dogs 633

Water Quality & Waste Disposal

Tests of Onsite Sewage Disposal Systems 3733

Alternative Sewage System Evals 28

Building Permits & Zoning Certifications 3580

Individual Onsite Water Inspections 216

Food Control

Food Service Facilities Inspections 2937

Food Borne Illnesses Investigated 23

Temporary Facilities Inspected 601

Institutional Inspections Food & Non-food 129

Nuisance Inspections 180

Injury Prevention

Community Educational Contracts 3018

Bicycle Helmets Distributed 250

Car Seats Distributed 81

Mental Health Services

Adult Clinic Visits 7769

Child & Adolescent Visits 2897

Personal Care Visits 5865

AERS Evaluation of Elderly 963

Nursing Home Trainings 93

Nutrition Program

Educational Contracts	1739
Walking Club Participants	113

Public Health Nursing

Maternal & Child Health

Healthy Start Child visits	741
Healthy Start Pregnant Women visits	1043
Case Referrals	9
Education to groups	122
Lead Poisoning Education	6706

Family Planning

Clinic Visits	4642
Colposcopy	210
Sexually Transmitted Disease Treatment	1027
Abnormal Pap & Breast Referrals	194
Education Program for “Guys Only”	232
Hispanic Outreach & Education Programs	155

Communicable Disease

HIV/AIDS	86
Immunizations	8847
TB/Refugee/Migrant	1183

Cancer Programs

Education and Outreach	5530
Breast & Colon Cancer Screening	639

School Health

Health Room Visits	156,247
Treatments Administered	23,389
Medications Administered	68,991

Scott Key Center

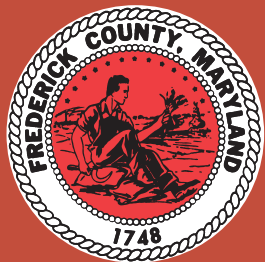
Clients	114
Competitively & Supported employment	9%
Supported employment only	35%
Sheltered employment	40%
Non-work focused program	6%

Substance Abuse

Adult Visits	5556
Adult IOP	1940
Adolescent Visits	2879
Adolescent IOP	409
Methadone Visits	6942
Community Education	2152
‘Kids Like Us’ Program	178
Detention Center Individual Visits	11985

WIC

Clients	
Post Partum Women	650
Breastfeeding Women	313
Infants	1871
Children	1889
Certifications	2060
Recertifications	4690
Check Pick-up	40212



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